

Oatmeal Muffin Squares - USDA Recipe B200 for CACFP

Meal Components: Fruits, Grains

B20

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	7 3/4 oz	1 3/4 cups	15 1/2 oz	3 1/2 cups	1. Set aside 1 oz of flour for step 6.
Enriched bread flour	7 1/2 oz	1 2/3 cups	15 oz	3 1/3 cups	
					2. Place flour, oats, baking powder, baking soda, cinnamon, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 5.
Oatmeal	7 1/4 oz	2 3/4 cups	14 1/2 oz	1 qt 1 1/2 cups	
baking powder		2 tsp		1 Tbsp 1 tsp	
Baking soda		1 1/2 tsp		1 Tbsp	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
Nutmeg		1/2 tsp		1 tsp	
Salt		1/2 tsp		1 tsp	3. Combine egg and sugar in a large bowl. Stir
Frozen whole eggs, thawed	5 oz	1/2 cup 2 Tbsp	10 oz	1 1/4 cups	

Sugar	4 oz	1/2 cup	8 oz	1 cup	
*Fresh bananas, mashed	1 lb 5 oz	2 1/3 cups	2 lb 10 oz	1 qt 2/3 cups	4. Add mashed bananas, yogurt, and vanilla extract. Stir well.
Yogurt, low-fat	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Vanilla extract		1 Tbsp		2 Tbsp	5. Combine egg mixture with dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX.
Blueberries, frozen, drained	7 oz	1 1/3 cups	14 oz	2 2/3 cups	6. Coat blueberries with remaining flour. Fold in blueberries and raisins. Stir well.
Golden Raisins	5 oz	2/3 cup	10 oz	1 1/3 cups	7. Pour 2 qt (about 4 lb 5 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. 8. Bake until golden brown: 9. Portion: Cut each pan 5 x 5 (25 pieces per pan).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 piece provides 1/8 cup fruit and 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1/8 cup fruit and 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Bananas	2 lb 8 oz	5 lb

Serving	Yield	Volume
See Notes	25 Servings: about 4 lb	25 Servings: about 2 quarts / 1 steam table pan (12" x 10" x 2 1/2")
	50 Servings: about 8 lb	50 Servings: about 1 gallon / 2 steam table pans (12" x 10" x 2 1/2")

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Nutrients Per Serving					
Calories	171	Saturated Fat		Iron	1 mg
Protein	5 g	Cholesterol	22 mg	Calcium	49 mg
Carbohydrate	34 g	Vitamin A	51 IU	Sodium	187 mg
Total Fat	2 g	Vitamin C	2 mg	Dietary Fiber	3 g